

Nation



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Cree elder passes away

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Looking for a Cree Sheila Fraser

By Will Nicholls

Weren't those quite the heady days? Cast your mind back to when a former Grand Chief and his team of experts were selling the Paix des braves deal. Grandiose promises were made left and right, tossed out like coins before a beggar. They were snatched up as they caught the light, mesmerizing us with visions of a brighter future.

"Do Crees need more housing? No problems to have a home for you and your family, my friend."

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"But don't worry we're getting a percentage of the revenues from any development happening in Eeyou Istchee. That's revenue sharing my friends."

Then a certain Cree legal eagle would sidle up to you and say, "This is probably worth billions, not just tens of millions. Don't say anything, though."

It all sounded too good to be true. In some ways it is. Crees have high-paying jobs on the EM-1 hydro-electric work site.

Training for the workplace is provided by the Cree Human Resources Development all over Eeyou Istchee.

The CTA has a higher budget than they have had in years though members say it still falls short of needs.

COTA seems to be off to a good beginning and the CNACA is starting up.

Then there's the other side.

Cash-poor friendship centres still dole out much-needed services to Crees. Funding them was an obligation the Crees took over. To date the money hasn't flowed.

Cree entrepreneurs looking for assistance as defined under Section 28.12 of the JBNQA haven't seen a dime. The Cree Development Corporation was hailed as a new economic engine but has received a paltry \$300,000. After salaries, infrastructure and rent, little is left to build the new Cree economies in the nine or so Cree communities.

Has there been an increase in housing as a result of the funding? It's hard to tell without the transparency everyone talks about but can't see.

When the \$70 million gets doled out the chiefs take home the lion's share. Then the Grand Council takes \$8.4 million to divvy between the CTA, COTA, CDC, CNACA, James Bay Cree Communications Society, Youth Council, Elders Council and anyone else. Another \$10.5 million goes to the Cree Heritage Fund.

When looking for money, most organizations submit proposals with budgets, needs, justifications, etc. Not so at the table when the \$70 million is being divied up. About a third of them will send in something saying they used the money for this and that but there are no real financial statements.

Once again, we need a Cree auditor general to see what is happening to Cree money.

The real question comes down to one thing. Part of the Paix des braves deal saw the Cree/Quebec court cases over fully implementing the JBNQA disappear. What do Crees do now? Do we sue our own leaders for not fulfilling the obligations of the JBNQA that they agreed to take over on behalf of Quebec? Should there be a special general assembly to ask why they aren't fulfilling these compulsory obligations?

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on the cover

Photo: Bjorn Olson

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Hair raisers



The roar of the winds escalated until the chairman yelled to us that he was afraid we were in hair-raising times, and the high-ceilinged boardroom at the CRA Office in Montreal offered no reprieve from the howling sounds of air escaping at high velocities from the nooks and crannies of the old Lamborghini sales room. As it was a Friday, we wished to leave as soon as our meeting was over and head on back home. The mandatory "I'll call you Monday" wishes were replaced by an empty office sound, the sound of a Friday afternoon.

Back at the hotel where the working Cree stay, we watched with smirks at the number of hats flying around and at how everyone seemed to be going only where it was allowed by nature, downwind. Then the reports came in: a train derailment, two 80-car pile-ups, the tunnel closed, traffic at a standstill, zero visibility and 100-kilometre-an-hour wind gusts. Wow, I'm going out there just to say I did, I proclaimed, and rushed outside. Two seconds later, I ran back to the room to pull on long johns, a sweater, gloves and the trusty old fur hat. The lobby of the hotel, meanwhile, filled up with two busloads of teenagers in angst over the weather. I battled my way out of the blowing hairdos and onto the street, where another 30 or so youngsters fought back their tears and vowed never to return to Quebec.

I thought the reports were rather exaggerated and smiled, typical winter weather. Then I turned on to Ste-Catherine and was quickly brought down to an extreme crouch, where I literally crawled to a dry spot of cement. The roads and sidewalks were slick with ice and everywhere, people were struggling to get by. With the breath sucked out of my lungs, I gathered momentum and tried to walk to the nearest shopping centre. A 15-minute struggle later, I had made two blocks.

I seem to remember watching a

doom-and-gloom movie in which the weather acted up all of a sudden, leaving North America in a long-term deep freeze. I hoped we weren't coming to this and again wondered if this were included in the Cree pension plan.

Later, after gabbing all day about the weather and its surprises, I turned on the TV to watch some educational stuff, and learned that Greenland's glaciers were receding at the unprecedented rate of 150 kilometres a year. It used to increase or decrease at a rate that only a lover of glaciers could appreciate, but at the current rate, we should be expecting a rise in ocean water levels of seven metres. Wow, and I think, should we really be building on sand or on mountains? Will we have to grow gills, will fish be our friends? With all this forever ingrained in my mind, I drifted off in a fitful sleep.

Leaving for the airport all bleary-eyed the next morning, a weary taxi driver recounted his hair-raising tale of how he swerved and nearly collided into another car in a parking lot, and he cursed the day he left Haiti. I reminded him that his weather patterns turn into hurricanes, so this kind of weather should be just a cold tropical storm to him. He snorted, then quickly turned back to his cell phone.

Again, I think, who can carry on a conversation at 5 am? The daily paper reveals the consequence of nature gone wild with pictures of elders hanging in there and mangled vehicles of all sorts. I was glad I didn't drive down as the plane lifted off. The city quickly disappeared and I readied myself for the minus-36 climate of Whaphmagoostui. This kind of weather I can appreciate in its cold comfort and dependable outcomes. But when the time comes that cold air fights with hot southern air around the 55th parallel, the weather will soon become even more unpredictable and our lives will become more and more complicated.

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For better or worse:

Waswanipi can't divorce Domtar, Quebec Supreme Court rules

By Steve Bonspiel Photos: *Nation* archives

The wording of a recent Quebec Superior Court ruling on a Waswanipi sawmill's attempt to break with Montreal-based Domtar was simple and direct: no way.

The 12-page ruling, handed down February 16, states that the shareholders' agreement between Waswanipi's Mishtuk Corporation and Domtar has no expiration date and must be respected to the letter.

"We're obviously very disappointed, to say the least," said Mishtuk Corporation Director General Jack Blacksmith.

As a result, Mishtuk must pay all court costs, which have yet to be tabulated.

The sawmill's lack of options in selling their goods and the pittance of a price they receive from Domtar for thousands of tons of wood chips was at the heart of Waswanipi's decision to try to quash the current relationship.

"I joined Mishtuk in April 2004 and bad blood was already there," Blacksmith said. "There had already been discussions to form a joint venture without Domtar. It's gotten worse today. We can't even sit down for a meeting with them."

Blacksmith said the initial mistake was made by Waswanipi. "When we first started the company we signed a protocol agreement, describing the various issues in

relation to how the company was going to function. About a year and a half later, we signed the shareholders' agreement, which is the main agreement to any venture."

Although the protocol agreement should have expired in 2005, the shareholders' agreement takes precedence.

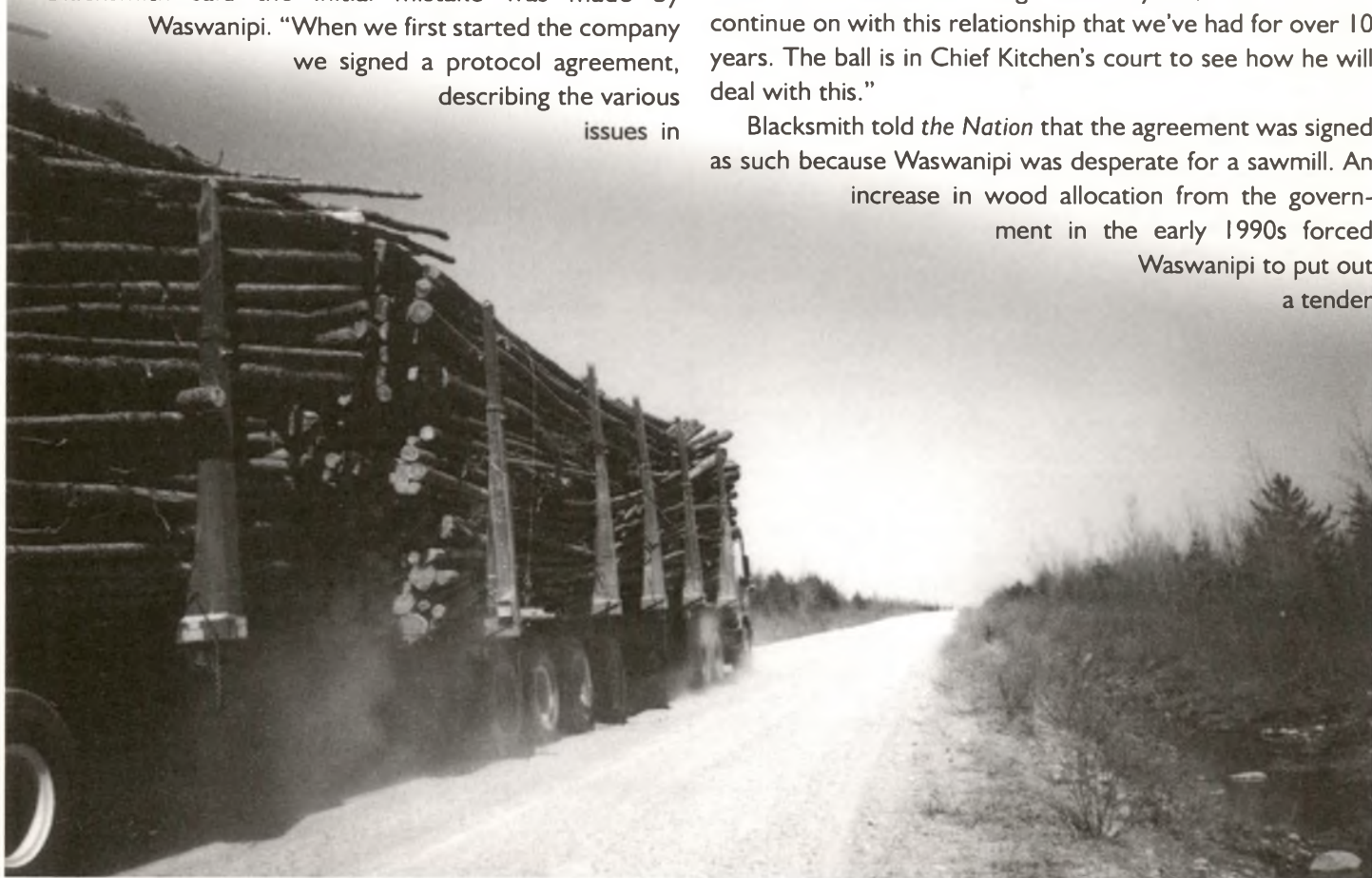
"In hindsight, the shareholders' agreement was totally in favour of Domtar. It is my understanding that the community wanted to phase out Domtar, but that wasn't in the agreement. And the shareholders' agreement has no life limit, it's essentially forever."

Together, both companies form a board of directors and a company called the Nabakatuk Corporation, which is set up to facilitate the original agreement and to make sure both sides act in good faith.

Domtar's Razvan Theodoru, who sits as the Corporate Secretary on the Nabakatuk Board of Directors, was elated with the decision.

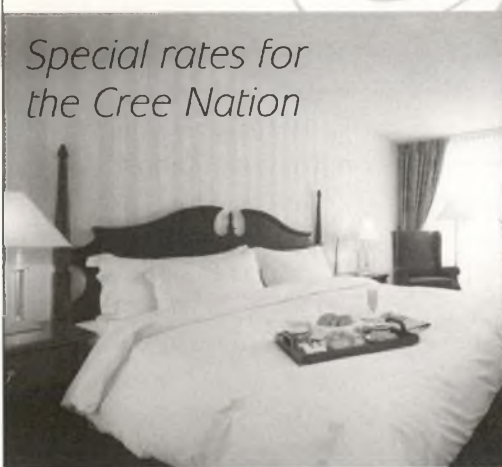
"Obviously we felt that this is in line with what our position was all along, so it's something we expected," Theodoru said. "We're not there to fight with anyone; we're there to continue on with this relationship that we've had for over 10 years. The ball is in Chief Kitchen's court to see how he will deal with this."

Blacksmith told *the Nation* that the agreement was signed as such because Waswanipi was desperate for a sawmill. An increase in wood allocation from the government in the early 1990s forced Waswanipi to put out a tender



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Awesome Almond Fudge Brownies

Ingredients

2 tbsp	butter, softened	30ml
1 cup	sugar	250ml
1/2 cup	unsweetened applesauce	125ml
1	egg	
2 tsp	vanilla extract	10ml
1/2 cup	unsweetened cocoa powder	125ml
3/4 cup	all-purpose flour	175ml
1/4 cup	sliced almonds	50ml
	non-stick cooking spray	

Directions

1. Preheat your oven to 350° F. Coat an 8-inch square baking dish with non-stick cooking spray.
2. In a medium bowl, using an electric beater on medium speed beat the butter, sugar, applesauce, egg and vanilla until smooth. Slowly beat in the cocoa, then the flour last. Pour the batter into the baking dish and top with sliced almonds.
3. Bake for 25 to 30 minutes or until a knife inserted into the center comes out clean. Let the brownies cool completely before cutting. Makes 16 squares. Enjoy!

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call to harvest the larger CAAF area. At the time, Blacksmith said, it was the best they could get. "Waswanipi didn't have the expertise to run a sawmill," he said.

The joint Nabakatuk Corporation built the Waswanipi sawmill in the mid-90s.

"We manufacture raw lumber at our mill – two-by-six or two-by-four lumber, whatever the case may be," said Blacksmith. "They're all rough and unfinished and we don't have the equipment in Waswanipi to finish them. So we take them to Val d'Or and the lumber is finished, planed and dried there and then wrapped up and sold. All of this at a cost to Waswanipi."

According to Blacksmith, Domtar told them to go to Val d'Or instead of Lebel-sur-Quevillion, adding to the transportation costs.

Theodoru disagrees. "The transportation of wood was agreed upon by both parties. There was a board meeting in 2001 and they came to an agreement that the wood would be processed wherever it was most advantageous to both parties. So this is water under the bridge."

Also, Mishtuk found out that if they sold their wood chips to other companies, such as Fonds SFK Pate, also named in the lawsuit, they would make \$13 to \$18 more per metric ton. When multiplied by 22,000 metric tons, that's a lot of dough.

"Over the course of the year there was a scarcity of chips and they projected that over the long term, so the price increased," said Theodoru. "Mishtuk went to SFK in the summer of 2005 and got a better price than we were giving. If they had come to us and asked if we can match that, of course we would have said yes. We started paying that once we found out that was the market price."

Blacksmith wasn't swayed. "Can you believe a big company like Domtar wasn't aware of the market price? They're pulling your leg," he told *the Nation*.

The mill currently employs 90 people, but they are looking to add at least 30 jobs as they shoot for the next phase. At year-end 2005, the Nabakatuk Corporation was running a \$10.4 million deficit.

Worker's salary and benefits however, have meant a \$15 million injection into the community's economy, according to Domtar.

"But we didn't make any profit on it that's for sure," said Theodoru. "The major advantage was on the community side as far as salaries and everything else. We've also invested a lot of resources, energy and technical and financial expertise and that hasn't even been calculated. The business hasn't made any money over the last 10 years."

Theodoru added that Domtar's dismal performance on the stock market over the past year, coupled with

recent mill closings across the province did not add to their sense of urgency. "Whether the business was going bad or good is irrelevant as far as we're concerned."

"We're determined to get to phase two," said Blacksmith. "Phase two includes everything we don't have right now, the planer, the dryer, so we can finish all of our products here in Waswanipi. We'll save more money in terms of transportation costs, we'll have more of a professional operation here and our people will move to the next level, acquiring all those skills necessary to operate a full-scale sawmill."

Blacksmith says that despite the ruling, all is not lost.

"There is a way under the Canadian Business Act where we could declare that the partners can no longer work together. We need the courts to rule on that. I guess you'd call it an oppression remedy."

Domtar wants to save the partnership at all costs. "We're ready to talk, we've always been ready," said Theodoru. "It would be really foolish on our side to just forget about it (the partnership). For 10 years we collaborated for the benefit of everyone, we aren't just going to walk away."



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Waswanipi dominates

Chapais hockey tourney

By Steve Bonspiel
Photos by Fabien Laprise



If they had entered a midget team, it might have been a clean sweep.

Four Waswanipi teams in the Novice, Atom, Pee Wee and Bantam categories absolutely dominated the competition at the 10th annual Chapais Minor Hockey Invitational Tournament, held January 25-29.

"The feeling was good," said the Novice Waswanipi Little Chiefs head coach Matt Blacksmith. "I really enjoyed it because they played as a team. We were on a winning streak so the momentum really carried us." Blacksmith also doubles as the President of the Waswanipi Minor Sports Association.

A winning streak indeed; none of the Waswanipi teams lost a single game.

Not surprisingly, Waswanipi picked up eight individual awards for all age groups, including best defenseman, which went to Atom player Dakota Blacksmith, and Pee Wee Curtis Gull. Waswanipi also picked up best forward in all four categories and best coaching staff for Bobby Blacksmith and Willie Trapper of the Bantam Waswanipi Huskies. Best goalie went to Bantam Vince Blacksmith.

"Some people in Chapais asked why we are playing in A and we told them 'you didn't want us to play in double B last year, so make up your mind,'" said Little Chiefs coach Blacksmith. "I'm hoping next year to get at least three teams into double B," he said, citing a

slight difference in competition between double 'B' and the current calibre 'A' that the teams play in.

The performance in the final by the four teams was so dominating that the smallest margin of victory was by three goals. That included the Little Chiefs' 7-0 walloping of host Chapais.

"Talent and skill and the effort of the coaches with constant practices," is what makes Waswanipi's minor hockey teams so strong, said Blacksmith. "Our players remained at the local level instead of going to play for teams like Chibougamau," he added, noting that other communities get raided by bigger towns and often lose their top players.

Practice makes perfect. "We skate three times a week and every second weekend we participate in the James Bay Minor Hockey League, playing against the inland teams," he said.

In the Midget division, Mistissini made it a Cree sweep, defeating the Oujé-Bougoumou Wolves 4-0. Waswanipi didn't have enough time to enter into the midget category because the AA Eenouch broke up in December and it was already too late to take players from that team and register. In all, 21 teams signed up for the tourney.

The championship of the JBMHL is coming up soon and the winner of the inland division will play the winner of the coastal division sometime in March.

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IN MEMORY OF

Matthew Coon Come Sr.

passed away on February 15 at the age of 114 (or more) years old. He was born in the 1890s and was the oldest Cree Elder. When he was a little over the youthful age of 100 Coon Come was given a pair of moccasins whereupon he said that he guessed people wanted him to walk the land for a little longer. Coon Come was a man of wisdom and humour.

He was a man who had seen more changes in his lifetime than most of us can even imagine.

He was alive when the first moose was killed in 1909. He saw the first Anglican Church built in Eeyou Istchee, when airplanes started coming to Mistissini, when Crees stopped trapping beaver and established a beaver preserve. He lived through the hard times when Crees starved. He saw the first road into Mistissini, the first telephone, the first use of electricity and the first radio.

Throughout it all he lived a full and active life, one that earned him respect and honour both as a young man and an Elder. He was loved by all who knew him.

He was the grandfather of the former Cree Grand Chief and head of the Assembly of First Nations, Matthew Coon Come.

Matthew Coon Come Sr. was possibly one of the oldest people in Canada.

He passed away in the hospital in Chibougamau. His loss is a loss for all of the Cree Nation.

May he rest in peace.





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Highway robbery of laughs and love

By Trina Slapcoff
Photos: Rolline Laporte

I gradually became aware of Thomson Highway's imminent arrival in Montreal from a joker whose picture graced the cover of one of the city's alternative newsweeklies. I say joker, because Thomson Highway doesn't often let an opportunity to get a laugh pass him by. For instance, when I looked at the picture he looked vaguely familiar even though it was hard to figure out why. This is because he purposefully created a distortion in the picture by taking off his glasses and holding them a foot in front of his face to create two bizarre refractions through the lenses.

Highway was in town as the lead artist for Montreal's Voix d'Ameriques spoken word festival from February 10 to 17. A Northern Manitoba Cree who has published and performed countless times, Highway has received a National Aboriginal Achievement Award (2001), an Order of Canada (1994) and holds many honorary degrees.

His two sold-out performances in Montreal were set in two acts comprised of 10 songs taken from his two plays, *The Incredible Adventures of Mary Jane Mosquito* and the musical *ROSE*. The show was called *Goddess, Alive or Dead?*

Highway, a virtuoso pianist, was joined onstage by actor Patty Cano and by saxophonist Ulrich Kempendorff.

Their performances covered a gamut of emotions and were sung in English, French and Cree. Patty Cano's voice has an incredible range and she can make the walls shake, while Ulrich Kempendorff provided the sublime jazz riffs.

The "cabaret" was constantly drenched with laughter provoked by carefully ad-libbed jokes throughout the performance. The plays with words, language, music, and their enmeshment with the emotions that were given homage to created a whole overall effect of a series of many layers. All these layers and songs also carried storylines that gradually built up to a climax in the second set, but the great part about the whole performance is that all of these

forms of communication worked together to emphasize the universal messages as well as the universality of language. There was an almost translucent clarity of languages well used in profound communication that felt quite spiritual.

Although the topics ranged from the agony of belittlement and the angst of suffering trauma on a reservation, the evening mostly had overtones of love and joy. Thomson Highway's cult status was made evident by the way the thousand or so guests lovingly singing along to the Cree lyrics of "Kisageetin Means I Love You."

"Tens Times Ten Times Ten" was instructive in the relative laws of love, and another song spoke of the spirituality and mysticism of life that can be found in the unadulterated wisdom of children. Other universal themes perhaps are the desire to travel to Rio when caught in a cold climate, and to be unimpressed by materialism when it is not necessarily under your control. Political jokes involved names like Bush and Mulroney so you might be able to fill in the blanks for yourself.

Of course, there were also jokes that emphasized the laughable side of being human. Along those lines, Thomson played "Let's Hit The Road Again" for the encore. He joked that he sometimes plays that song at gatherings just as an excuse to get drunk.

It seems Thomson Highway has a knack for schmoozing, and during one of his interviews held entirely in French with a Montreal audience of a hundred, I picked up that he really likes refined tastes, such as the pleasures of having several abodes on two different continents and spending time in Barcelona and the French Riviera. He also likes French cheese and the stinkier, the better.

I think the key to appreciating the Thomson Highway experience is to have an open heart to his joie de vivre. When someone asked about the difficulties that First Nations people face he said he can only answer for himself, but that he asserts that he is happy and that this is the case with many Native people. He said that they should ask more Native people and they will probably say that they are happy too. I gather he implied that the person asking the question did not realize the richness of the First Nations various and rich ways of life.

All in all, as this year's special guest to the Montreal's fifth annual Voix d'Ameriques, Thomson Highway lived up to his reputation as one of the greatest Aboriginal writers North America has ever produced.





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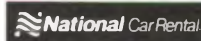
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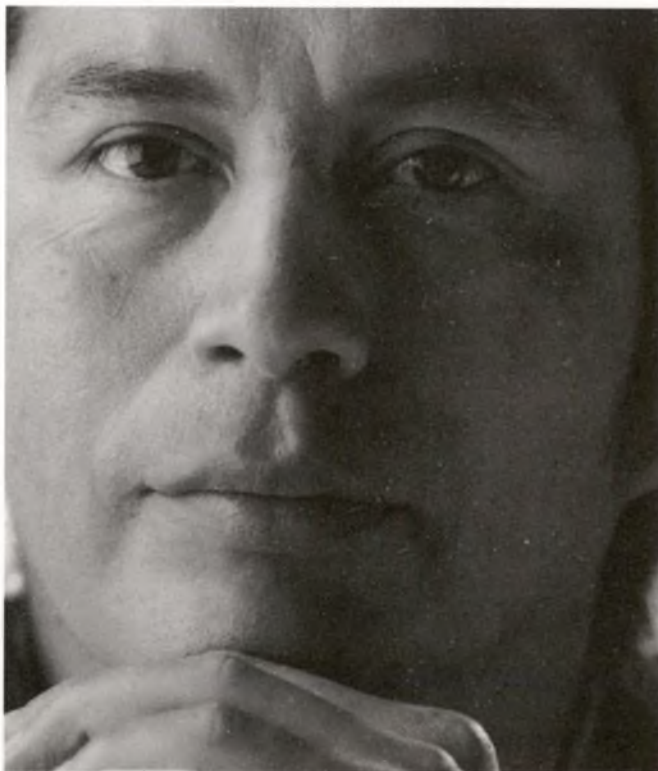


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This year's \$70 Million Pie

The following is the way the \$70 million received from the Quebec government in 2006 under the Paix des braves deal was divided up.

No revenue-sharing monies were included this year as the \$1.4 million given last year was too much and would be adjusted this year. The Crees are still waiting for reports from the Quebec government on how much this will be.

Chisasibi gets a total of \$20.7 million this year, which includes an amount of \$10.8 million to build a community centre.

2006-07 Proposal for allocation							
Paix des Braves To Distribute	\$ 70,000,000						
	\$ 41,100,000						
Community	Population	MSSQ pop.%	Base	Per Capita	Total	Recommendation	
Chisasibi	\$ 9,946,200	24%	\$ -	\$ 4,743,200	\$ 4,743,200	\$ 5,200,000	
Wemindji	\$ 3,485,280	9%	\$ 3,000,000	\$ 1,764,000	\$ 4,764,000	\$ 4,800,000	\$ 150,000
Eastmain	\$ 1,639,890	4%	\$ 1,500,000	\$ 782,040	\$ 2,282,040	\$ 2,400,000	\$ 100,000
Mistissini	\$ 8,729,640	21%	\$ 5,000,000	\$ 4,163,040	\$ 9,163,040	\$ 8,900,000	\$ 50,000
Nemaska	\$ 1,804,290	4%	\$ 1,500,000	\$ 860,440	\$ 2,360,440	\$ 2,400,000	\$ 100,000
Ouje-bougoumou	\$ 1,886,490	5%	\$ 1,500,000	\$ 980,000	\$ 2,480,000	\$ 2,400,000	\$ 100,000
Waskaganish	\$ 6,407,490	15%	\$ 4,000,000	\$ 2,940,000	\$ 6,940,000	\$ 6,000,000	\$ 50,000
Waswanipi	\$ 4,964,880	12%	\$ 3,500,000	\$ 2,367,680	\$ 5,867,680	\$ 5,550,000	\$ 100,000
Whapmagosstui	\$ 2,223,510	5%	\$ 1,500,000	\$ 1,060,360	\$ 2,560,360	\$ 2,650,000	\$ 50,000
Comm.Centre (Chisasibi)	\$ 10,000,000					\$ 40,300,000	\$ 700,000
Gccei/Cra	\$ 8,400,000						\$ 100,000
Cree Heritage Fund	\$ 10,500,000						
Chisasibi Centre Adjustment	\$ -						\$ 800,000
Sub-total		100%	\$ 21,500,000		\$ 41,160,760		
Balance to Distribute-Per Capita			\$ 19,600,000				
Total	\$ 69,987,670				\$ 70,060,760		\$ 70,000,000

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Mistissini's day centre open for business, others to follow

Mistissini patients will no longer have to go south for non-critical treatment thanks to the recently opened Multi-Services Day Centre. And the other communities aren't far behind, according to the Cree Health Board.

"It went pretty well, it was very good," said Johnny Loon, the Activity Team Leader, about the mid-February grand opening.

About 100 people attended, "a lot more than we expected," according to Loon.

"The goal of the day centre is to have our people back in the community," he said. "The ones that are down south can come back and have their treatment here at the day centre. Sometimes our people are sent down for an hour-long visit with a doctor for physiotherapy. We can do that here now."

Every community is slated to open a day centre per month until Whapmagoostui's pro-

jected December 2006 opening.

"We cannot have people in critical condition, but we can have people that want to and can help themselves," said Loon.

The Multi Services Day Centre is an establishment intended to enhance the quality of life of disabled and frail people by improving the range of services, providing equitable opportunities and promoting the participant's rights, according to a Cree Health Board release.

The MSDC's mission is to combine and coordinate medical, social, educational and vocational measures in order to train or retrain the participant to the highest functional levels in all aspects of his life. It is also to provide opportunities for community integration and to provide continuous support in a way to maintain one's physical, emotional, spiritual and mental balance.

The MSDC also aims at providing support and information to the family and the caregivers. It is hoped that the MSDC will create opportunities for community involvement as well as providing a place for social and cultural activities.

To apply for residency or treatment at the MSDC, one must meet the following requirements:

- Be at least 18 years old;
 - Be proactive (ready to collaborate to his care);
 - Be willing to attend on a regular basis;
 - Be interested in a group setting;
 - Not represent a threat to themselves or others;
- AND must meet at least one of these criteria:
- Be intellectually challenged;
 - Be mentally challenged by a persistent and significant impairment;
 - Be physically challenged by a persistent and significant impairment;
 - Be socially isolated;
 - Experience a global loss of autonomy.

For more information or an update on when your local MSDC will open, call 819-855-2844. To make an appointment at Mistissini's MSDC, call 418-923-4010.

Correction

The Nation would like to correct a mistake made in Paul Dixon's letter from last issue (13-07). In it, he referred to Juliette Rabbit. He meant to write Juliette Rabbitskin. Paul Dixon and *the Nation* regret the error.

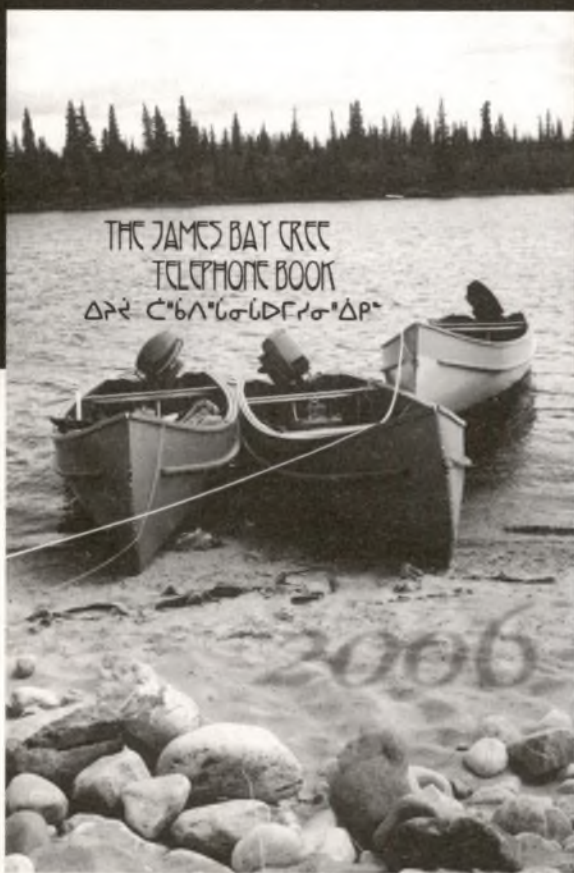
JAMES BAY CREE TELEPHONE BOOK

Meegwetch!

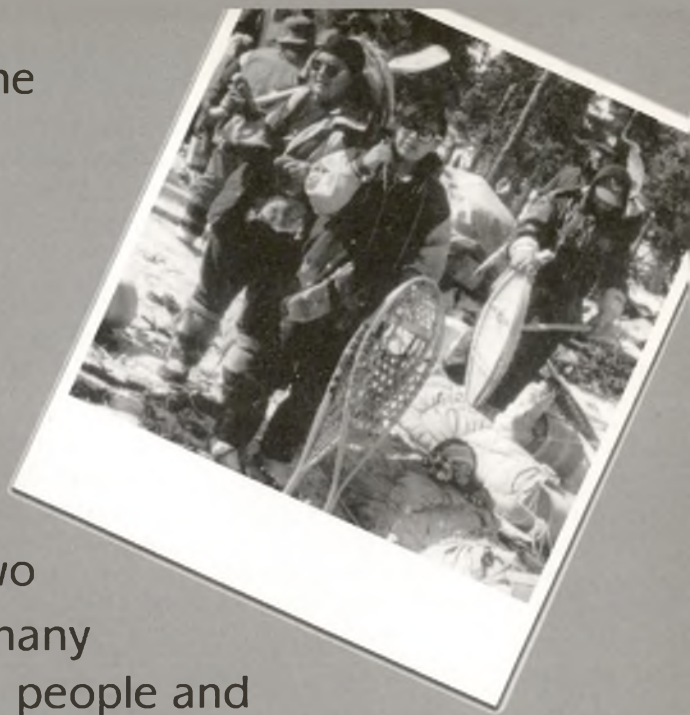
We here at **Beesum Communications** would like to take this opportunity to **thank everyone who generously contributed** to updating the new Cree phone book. We could not have done it without you!

Special thanks go out to the Band Council representatives who graciously compiled and updated community telephone listings. Your dedication and hard work is greatly appreciated.

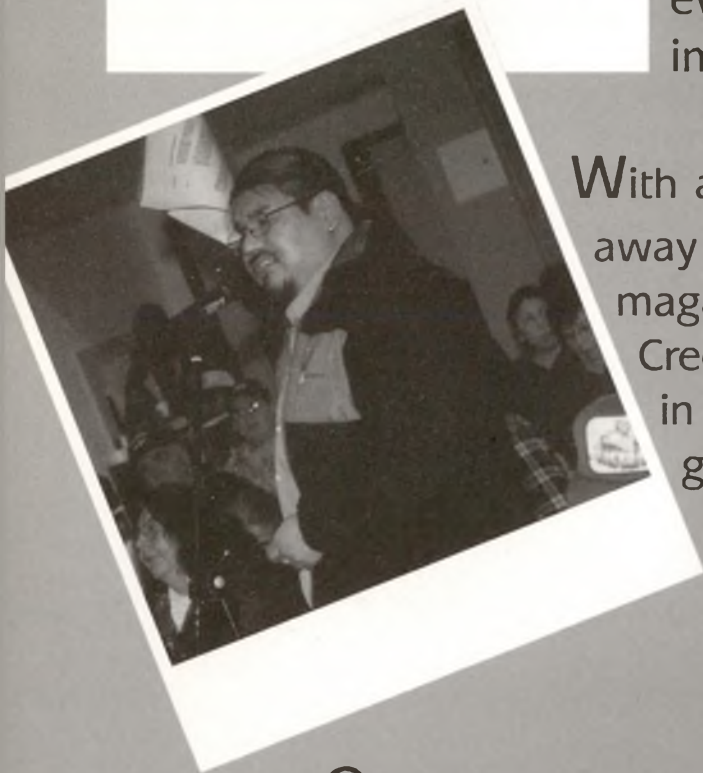
The 2006 Phone Books are in!
Please pick up your copy at your community band office.



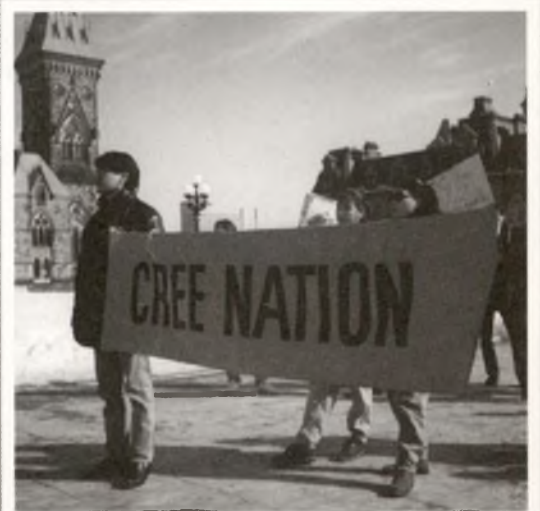
For over 12 years *the Nation* magazine has been telling the stories of the people in Eeyou Istchee.



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With a readership of over 7,000, from as far away as the U.S., Europe and Asia, the small magazine started by a group of James Bay Cree and friends in 1993 is still going strong.



Our strength comes from our readers. We continue to thrive thanks to your continued support and encouragement.

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Raging Rice Dishes

First there was turkey madness – now it's raging rice dishes! Rice is a very versatile food. You can do so many things with it and it will taste different each time as it absorbs flavours quite easily. By the way, don't think we're doing rice, rice, and more rice simply because I bought a 20-pound bag for \$6.95 last month and have been going crazy trying things out ever since. Right...

I like all varieties of rice: the white, the brown and of course, the wild (which isn't really a rice grain but is great nevertheless). Brown is considered healthier by some and there are a few cool ways of adding it to your diet. For breakfast, try a cup of brown rice with fruit slices and some wildflower or clover honey. It can be eaten cold or hot, though warm is preferred. Lunch meals can be brightened up with leftovers. For example, shredded chicken, black beans (canned), brown rice and salsa make a healthy and easy burrito.

If you're trying to cut down on red meat, then brown rice can be used as filler for (in addition to) ground hamburger in meals like meatloaf and hamburgers. It gives it a nutty sort of flavour.

Arkansas Cumin Rice

I usually don't recommend using bacon drippings or such because of health reasons but this was sooo tasty. It is easy to make and is a great addition to a main dish like a roast.

- 1/3 cup chopped onion
- 1/4 cup chopped green pepper
- 1 cup uncooked rice
- 2 tablespoons bacon drippings or vegetable oil
- 2 cups boiling beef broth or consomme
- 1 tablespoon Worcestershire sauce
- 3/4 teaspoon salt
- 3/4 teaspoon cumin seed or 1/4 teaspoon cumin powder

Cook onion, pepper and rice in bacon drippings until rice is golden brown. Use low heat and stir to prevent over-browning.

Put into a shallow 2-quart casserole. Add drippings, broth, Worcestershire sauce, salt and cumin; stir well.

Cover tightly with lid or foil and bake at 350 degrees 30 minutes or until rice is tender and liquid is absorbed. Fluff lightly with fork.

Arozzo Blanco

This is another easy one that is quite good and takes very little time. Kids dig it.

- 1 tablespoon butter or margarine
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 cup uncooked rice
- 2 cups chicken broth

Melt margarine in 3-quart saucepan over medium heat. Add onion and garlic; cook until onion is tender.

Add rice and broth. Bring to a boil; stir. Reduce heat; cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Fluff with fork.

Autumn Garden Skillet

This is the easy method. If you want to make yourself work a bit more: cut and steam a variety of your favourite vegetables

and substitute for the frozen veggie mix. I recommend those new packages for stir frying. You can get some without the sauces.

- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 tablespoon butter or margarine
- 10-ounce package frozen mixed vegetables, thawed and drained
- 14-1/2-ounce can peeled whole tomatoes, crushed
- 3 cups hot cooked rice
- 1 teaspoon garlic salt
- 1 teaspoon chili powder
- 1/8 teaspoon ground black pepper
- 1 1/2 cups (6 ounces) grated Cheddar cheese, divided

Cook onion and green pepper in butter in 10-inch skillet until tender crisp.

Stir in mixed vegetables, tomatoes, rice, garlic salt, chili powder, black pepper and 1 cup cheese. Cook over low heat until heated through, stirring occasionally.

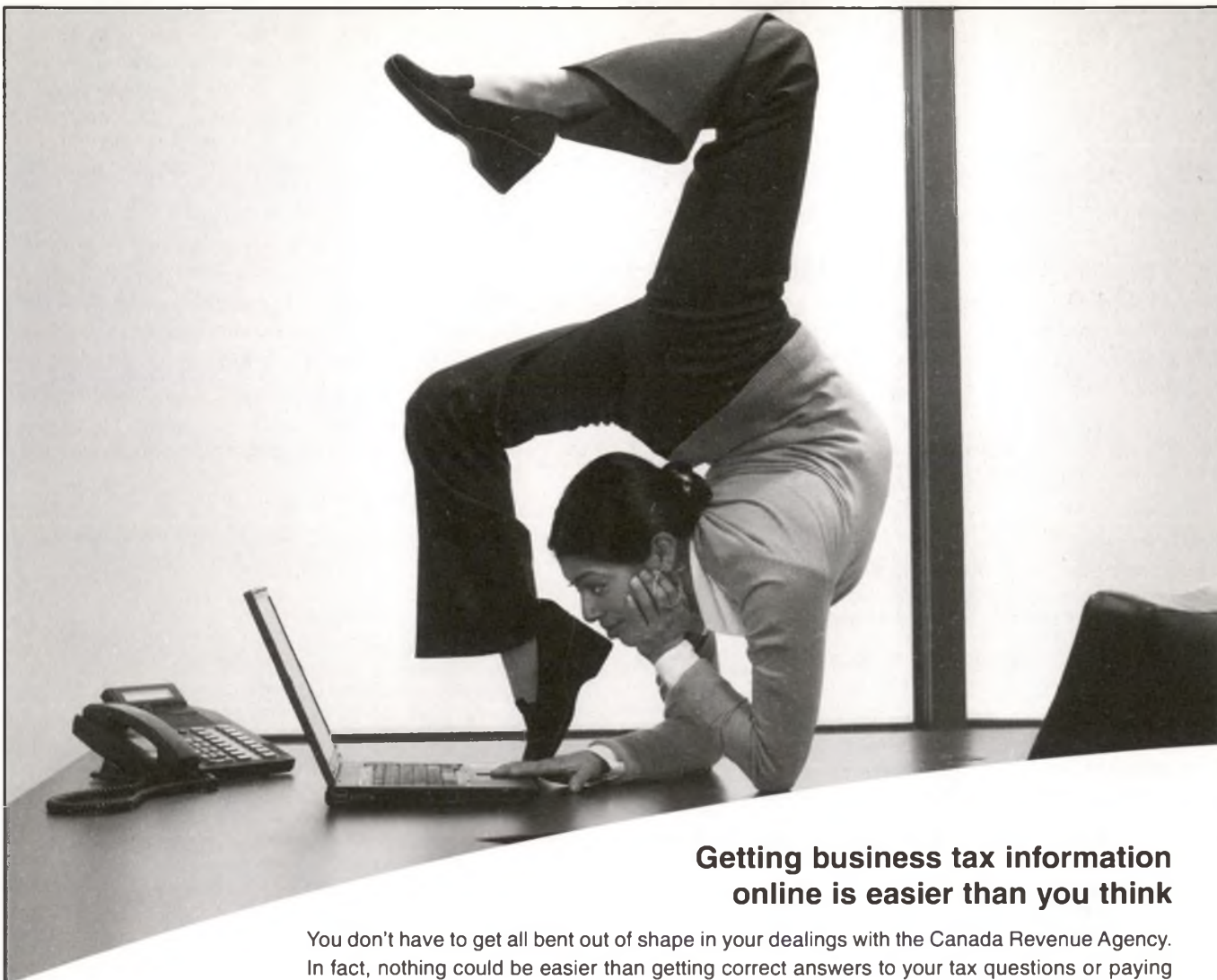
Top with remaining 1/2 cup cheese.

Beef and Rice Melody

I'm not really sure how good this recipe is because I substituted caribou for the beef. I meant to try it with beef but every time I have made it (only twice so far) I just automatically bring out the caribou.

- 4- to 6-1/2-ounce package long grain and wild rice mix
- 1 pound boneless beef sirloin steak, cut into strips
- 1/2 teaspoon salt (or salt substitute)
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- 1 cup red pepper strips
- 1 cup sliced fresh mushrooms (I love Portobello but any type can be used)
- 1 cup sliced zucchini (either green or yellow)
- 7-ounce can sweet yellow corn, drained
- 1/3 cup sliced green onions

Prepare rice mix as directed on package. Meanwhile, season beef with salt and black pepper; brown beef with garlic in



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oil in large skillet over high heat. Stir in red pepper, mushrooms, zucchini, corn and onions; stir-fry 3 to 4 minutes or until vegetables are tender crisp. Stir in rice; heat thoroughly.

Beef Continental

Privately I call this one the Lazy Gourmet's.

- 1 1/2 pounds round steak, thinly sliced
- 1/2 cup seasoned flour
- 3 tablespoons vegetable oil
- 1 cup chopped onion
- 1/2 cup dry red wine
- 1 1/2 cups beef broth
- 4-ounce can sliced mushrooms and liquid
- 3 cups cooked rice
- 1-3/8-ounce package onion soup mix

Tenderize steak. Cut into 1-inch strips. Coat with seasoned flour. Brown in oil.

Add onion and cook 2 to 3 minutes longer.

Stir in wine, broth and mushrooms with liquid. Bring to a boil. Cover, reduce heat and simmer 20 to 30 minutes or until tender.

Serve over beds of hot rice.

Cantonese Stir Fry

Easy to make and has a nice taste. If you can't get the bean sprouts substitute a can of Chinese vegetables.

- 1 pound ground beef
- 1 cup sliced celery
- 1 cup chopped onion
- 1/4 teaspoon garlic powder
- 1 cup water
- 1-ounce package brown gravy mix
- 3 to 4 tablespoons soy sauce
- 1/2 teaspoon brown sugar
- 1/4 teaspoon ground black pepper
- 2 cups bean sprouts, rinsed and drained
- 4-ounce can sliced mushrooms with liquid
- 3 cups hot cooked rice
- 3-ounce can rice noodles or chow mien noodles

Cook beef, celery, onion and garlic powder in lightly greased wok or skillet until meat is no longer pink and vegetables are tender crisp. Stir frequently to crumble meat. Add water, gravy mix, soy sauce, sugar and pepper. Cook, stirring constantly, until thickened 2 to 3 minutes. Add bean sprouts and mushrooms. Heat thoroughly. Serve over beds of fluffy rice and top with noodles.

And now that you're tired of reading about rice.....

Mashed Potatoes with Roasted Garlic

What I love about this one is taking the leftovers and using them in a soup as a tasty thickener. As a result I always make more than I need. It freezes well and I've used it up to a month later in all kinds of soups. Don't be afraid to experiment. Substitute low-fat wherever you want. I do all the time. If I'm pressed for time I'll just use a garlic press and to heck with the baking.

- 2 pounds potatoes, peeled and quartered
- 1/4 cup milk
- 2 tablespoons mayonnaise
- 1 tablespoon butter or margarine
- 1/2 teaspoon salt or substitute
- 1/4 teaspoon white pepper (black or cayenne substitute)
- 1 whole medium head garlic

Bake garlic at 375° F for 45 minutes. Cut top 1/2 inch off head, squeeze to remove pulp and mash.

Boil potatoes about 30 minutes or until tender. Drain well.

In a mixing bowl, combine hot potatoes, milk, mayonnaise, butter, salt and pepper. Whip at low speed, only until smooth. Add garlic and mix well.

You can use a handheld potato masher and do the above step.

Spiced Carrots

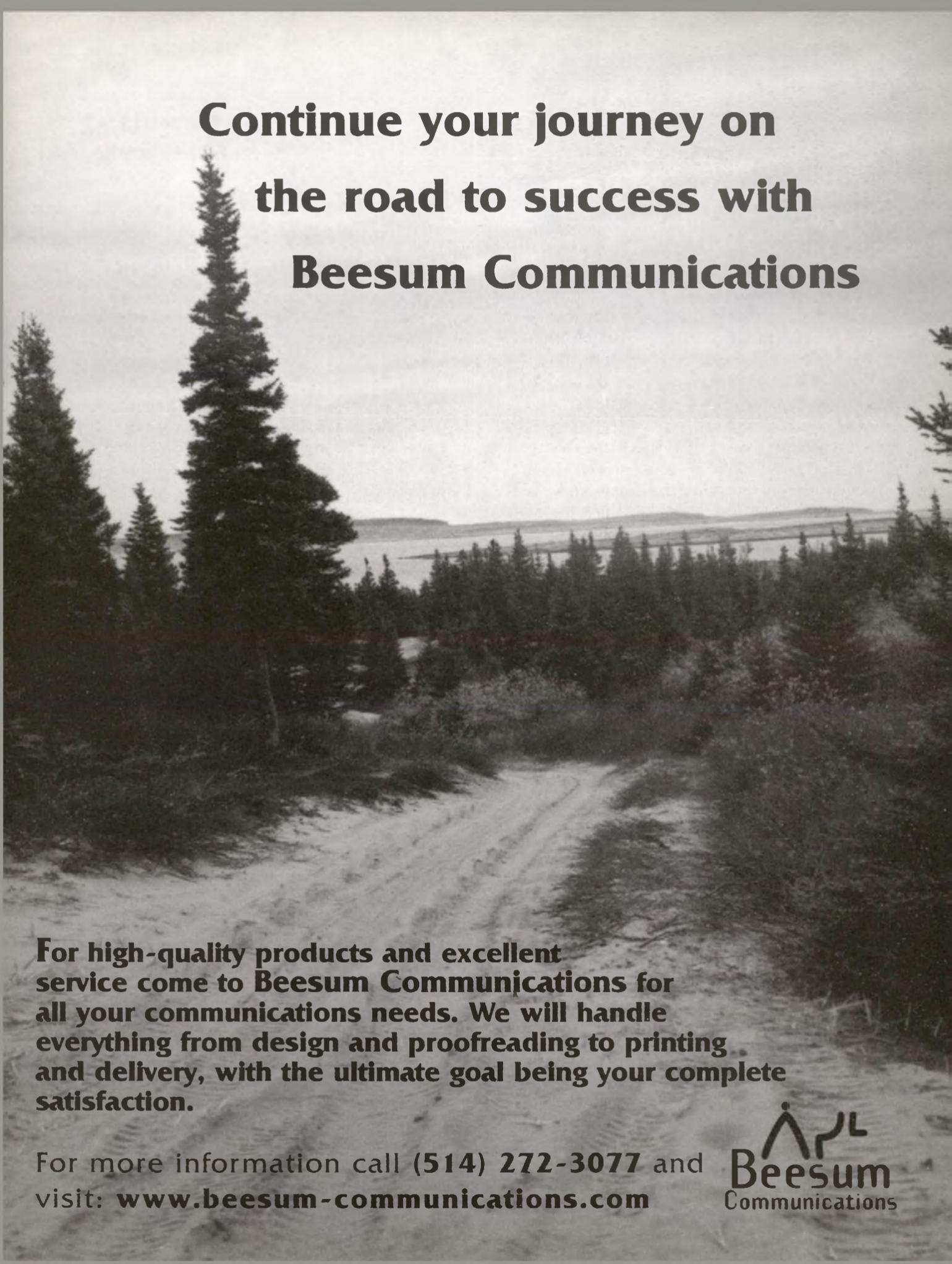
One of my favourite side dishes is candied carrots. They may even have started me on my lifelong love affair with carrots. I am probably one of the few people to search actively for carrot recipes. The person who created Spiced Carrots has to be the same chef who created ambrosia, the food of the gods. If you only take one Will on the Grill recipe this year, make it this one.

- 2 pounds medium carrots (about 12)
- 2 tablespoons unsalted butter
- 2 tablespoons brown sugar
- 1/2 cup water
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon salt or substitute
- 1/4 teaspoon cinnamon
- 1/8 teaspoon cayenne, or to taste

Quarter carrots lengthwise, then cut into 2 1/2-inch pieces.

Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté carrots, uncovered, stirring occasionally, until slightly softened, about 5 minutes.

Add brown sugar, stirring until sugar is melted. Stir in water, lemon juice, salt, cinnamon and cayenne and simmer, covered, until carrots are tender and liquid is reduced to a glaze, 8 to 10 minutes.

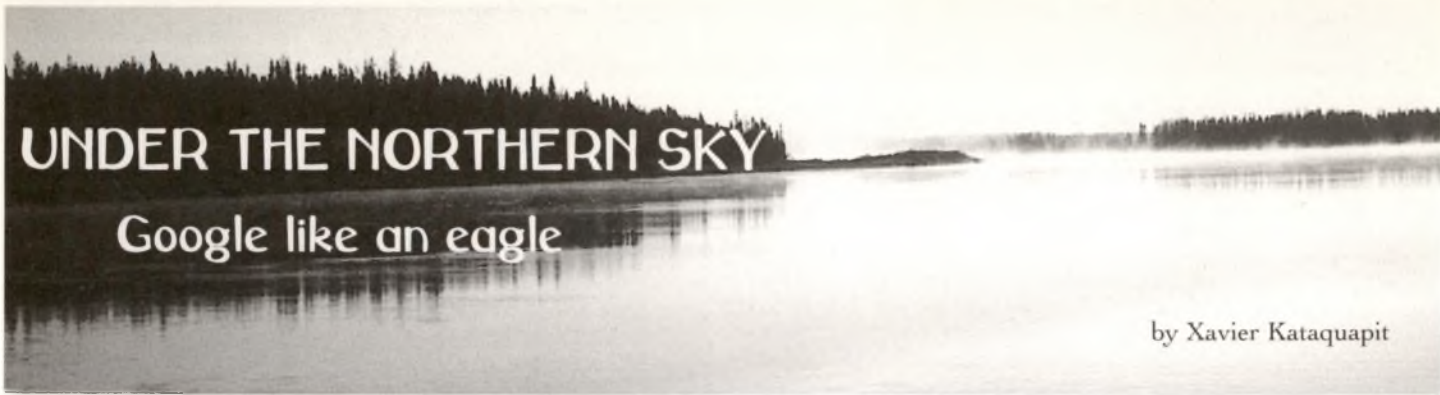


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UNDER THE NORTHERN SKY

Google like an eagle

by Xavier Kataquapit

I am flying high above the trees, looking down on the white-washed pebble beach of the southern coast of Akamiski Island. I can see every indentation of the coast, the thin ribbon of beach, the green forests, swamps, the dark blue oblong lakes and the thin lines of rivers and creeks. I can see the lighter green colours of the low-growing grasslands and the treeless tundra and the brown streaks of the tidal plains of clay that stretch out far from shore. At every point, I think about the many times I visited this island with my family over the years. From high in the sky I find the point where our camp is located on the southern shore. Quickly, I fly to the tundra-covered north end of the island to search for the creeks and rivers where we camped in the spring to hunt geese.

I fly to the west and follow the opening of the Attawapiskat River leading inland. The smaller creeks and channels merge together the further I fly over the wide band of the dark coloured river. I can imagine the freighter canoes moving across the water to James Bay. From up here it does not seem far but it is a half-hour trip by fast-moving freighter canoe to the bay. In a few seconds on my flight I can plainly see the faint signs of roads, an airport strip and the square blocks of the sewage lagoon in Attawapiskat.

Then I fly north to see the rivers and creeks where my mother and her family lived before moving to Attawapiskat. I go further north and inland to places I have never seen from on high. I look down at remote lakes and rivers I have only heard of in stories and in second-hand accounts from elders, trappers and traditional people.

As strange as this journey sounds, the whole time I am sitting in the comfort of my home in front of my computer. I am visiting and travelling the world through a new service provided by the Google search engine, called Google Earth. A friend of mine, Don, recently told me to try this new software program. I was sceptical at first. I had used Google maps before and found them informative but dull. Google Earth is far more user-friendly as it allows you to view the Earth through satellite images. In remote and isolated areas, the images are faint but in highly populated cities or areas of famous landmarks the satellite photographs are detailed

right down to vehicles on the street. The program gives you the sensation of flying like a bird. It zooms in and out from the globe as if you're flying a super-fast jet. You can download the program for free at earth.google.com.

What fun. I zoomed in on the Eiffel Tower in Paris and easily found the structure in the sprawling city. It brought back memories of my trip there with my brother Joseph and my friend Mike. At the push of a button, I flew over Europe and into southern Spain and saw the city of Malaga from 30,000 feet. I could easily see the sand beaches of the city and the rocky coast where the three of us started our trip that year. In another instant, I flew over the Mediterranean to Rome and reminisced on our side trip to see historic sites such as the Forum, the Colliseum and St. Peter's Basilica.

I also discovered that people from around the world were submitting place markers to use on the Google Earth program. People provide this information through the Google Earth Community forum where people share their interests.

I found one person who had taken a great amount of time and effort to collect information on the young American soldiers who had died in the conflicts in Iraq and Afghanistan. He had created place markers of where these men and women came from in the United States and around the world, along with additional information and even their photographs. I was shocked to find the software labouring slowly through the information to light up the whole country of America in markers across the entire country. There didn't seem to be a place in America that hadn't lost a young man or woman to the wars in the Middle East. I was saddened and shocked to find so many names and to see the country houses, inner city apartments and suburban homes where these people lived. It was a humbling experience. Google Earth brought that war home to me.

I felt tired when I finally got up from my computer. After all, I had flown around the world several times to zoom in on places in Asia, the Middle East and Europe. I even flew back home to James Bay. I suggest you get your wings on and hit up earth.google.com. Happy flying.

CLASSIFIEDS

BIRTHS – 100

Congratulations to April Ottereyes and Timothy Tent, proud to announce on their safe arrival beautiful baby girl Hillary Harmony Angel Ottereyes born on January 7, 2006. weighing 8 pds/8 ounces. This baby will bring you many joy and happiness each day, and may your love for each other grow stronger each moment that passes by. I wish you all the best in you life. Tim, take really good care of your beautiful girls, Praying for you. From your friend Cynthia Blackned.

Congratulations to My bestest buddy Betty Trapper & Sam Nadon on the birth of their Baby girl, Dakota Samantha Mary, born Feb. 20 2006 in Thunder Bay ON. A sister for Kaedon & a cousin for Jaedon. Miss you & hope to see you all real soon! Love from your Buddy Annie & Johnny Salt. P.S: Hope she looks like me!! lol!

I would like to congratulate my cousin, Sheldon Chewanish and his girlfriend, Lily Sam on the safe arrival of their baby boy, Norman George Sam, born February 18th. Wow...I still can't believe you have a baby. It seems like yesterday that we were playing cops and robbers outside of grandma's house. It's amazing how time flies. Again, congrats to the both of you. I know you'll make terrific parents. Xoxox.

BIRTHDAYS – 101

Wishing my Godson & nephew, Christopher James Mapachee, a very happy 12th birthday on Feb.28, 2006. Also to my nephew, Steven Mapachee, a very happy 10th birthday on March 3rd 2006. Love you boys! From: Auntie Annie, Johnny & cuz, Jaedon.

On March 11, we want to wish our Niecc, Chantal Bosum a happy birthday, she will be celebrating her very 1st birthday. We love you and have a very good birthday, from your aunties Nicole & Sarah Cooper in Ouje-Bougoumou. Also, to our brother, Dion Mianscum, his birthday is on March 17th, he will be 19 years old. Boy, you are a big brother but we love you so

much. Have a good birthday, from your #18 sisters, Nicole & Sarah Cooper

We would like to wish a very special "Happy 1st Birthday" to our grand-daughter, Chantal Bosum on March 11. You are our Angel and our Miracle. It has been a tough year, but we have seen God's wonderful Love in you every single day. You are very special in our hearts and you have been a Blessing from Above. We love you so much from the bottom of our hearts and we cherish you. Love you so much, from gookum & gooshoom Cooper in Ouje.

I would like to wish my son, Dion Mianscum a very special 19th birthday on March 17th. May all your hopes, wishes and dreams come true. My Son, My Angel; You're my special Angel; Even though you're not around much; You're always in my thoughts; We talk most every other days; You always seem to understand; Whenever I'm feeling sad and when I'm feeling great; You're just the sweetest Angel; That I could ever have. Thanks and I love you so much, your mom, Margo in Ouje.

This birthday wish goes out to Jeremy Bearskin on Feb 22, I think. Hope you had a great day on your b-day. Well take care. From: Romeo, Stephanie, Toronna and Lianne.wasw

Wishing a happy birthday to my one and only sister Linda on Feb 22, 2006, from your sissy Karen.

Wishing a Happy 6th Birthday to the cutest little guy with the cutest dimples in Waskaganish, Tyler Blackned-Frank, as he celebrates his special day on Saturday, February 25th. We hope you enjoy your special day. With lots of birthday hugs and kisses from, Janice, Brad and Braden and also from Linda and Sinclair all the way from Moose Factory.

Happy Birthday going out to my dad Allan Trapper on Feb 25/06 and to my brother Johnny on March 4, and Happy 5th Birthday to my nephew in Chisasibi, Jimmy Bobbish on March 13...Happy Birthday to

you all and many more to come, Love always Bella (Mist).

I just wanted to wish a happy b-day to my dad, George Joseph Longchap on March 13/06. Happy birthday dad, love ya. from Rachel.

My sister and I would like to send a birthday wish to our Grandpa George (Jos) Longchap on March 13/06. Hey, grandpa we don't wanna hear you say anymore yuck nouhken...lol...ha,ha,ha.. We thank you buying think's things for us..We love you so much. Happy b-day enjoy your day and relax. From: granddaughter's Myra and Keriann Longchap (MIST).

To a special person that's been in my life for a long time. Esther Simard, Happy Belated Birthday just remember how much you're loved. I wish you the best in your studies and I miss you lotz. Keep going and follow your dreams I love you, yours truly Olivia Couchees.

To my brother Blake Bosum, his Birthday was on Feb. 18. I love him dearly. Happy Birthday. And also my mother, Maria Couchees, Happy Birthday to her. I love you both so much. You are my world and I'm glad to be a part of yours. From your sister and daughter Olivia Couchees :)oxoxoxox-oxxxooo.

The day you were born was the greatest day of my life. You were so small and handsome that I cried and thanked God as they placed you in my arms for the very first time. This year you celebrate your third birthday and I just want you and everyone to know how much you mean to me. The past three years with you has been great...and sometimes hard, on some days you made me laugh, you made me cry, you even made me mad, but on most days, you just simply made my day. So for all the things and everything in between, I just want to say, Thank you! for being a big part of my

life and for being the li'l big man that you are, my li'l big man! To Eadan Spring, Happy 3rd Birthday on March 21 and I hope you have lotsa fun at you birthday party. Sending you our love and birthday kisses, your mum, Joy and baby bro, Kenzie. Calvin also say's "Happy Birthday!". North Bay, On.

I would like to wish a happy birthday to my cousin Felicia Bearskin. Her birthday is on the 19th of February. Hope you will have a blast on your special day and many more birthdays to come. P.S DON'T PARTY TOO MUCH. LOL From Pierrette, Myrash and Merielle all the way from Waskaganish.

On February 17th, 2006, a very special man will be celebrating his birthday. Proud to say 'My Dad,' Jimmy Moore. We love you very much and hope you enjoy your day and many more to come. I thank the Lord for giving me such a smart, intelligent and funny dad. You mean the world to us Dad! With lots of love and hugs n' kisses from your grandchildren; Julie, Peter and Children; Dale, Kelly and Melody xoxoxoxoxoxo.

I would like to wish a Happy Belated Birthday to Carrie Weistche on January 5! So Carrie, how does it feel to be another year older eh? Bet you feel like an old lady lol. Well,



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Happy Birthday girl, hope you had fun on your birthday, and sorry I wasn't there to celebrate it with you. Hope to see ya soon & take care. Lub ya as a friend. That's all I wanted to say. From your bestest bestest friend (lol). You know me aight. Later!

We would like to wish happy belated birthday to our funny friend in Waswanipi, Maria Ottereyes. Her birthday is on Feb. 1st. Happy Birthday girl & many more to come. We miss ya & hope you're doin' fine out there! Take care & hope to see you soon! Bye Mars (lol). From: all of your friends here in Waskaganish!

8 years ago, we were blessed to have a baby boy to care for and to give all the love he needs in his life. God chose us to care for this little baby boy because He knew what will be of this boy in our lives. We love him very much and thank God for blessing us, Dale. Happy Birthday our son! Hope you enjoyed every minute of it, and keep praying to the Lord, He knows what you'll need in life. Love always and forever, mom and dad and your sisters.xoxox

I would like to wish a happy birthday to my friend Serena Jolly on February 13, 2006, and I would like to thank her for always being there for me when I needed a friend. Once again, happy birthday and many more to come. p.s Don't party too much...from me.

I would like to say Happy Birthday to all the beautiful people in my family: March 17th: Keenan Nakogee - my Prince Charming, March 23: Robin Campbell - aka Naomi Crystal Mianscum - my Baby, March 26: Lesley M. Mianscum - my Bigfoot, March 28: Ryan C. Campbell - my little "wesickgun". I wish you all good health and happiness now and always. I love you all, from MOM.

I would like to wish a big happy birthday to a good friend of mine, Samuel Mianscum. Happy Birthday and many more to come. Hope you have a wonderful time. God Bless you. friend from Ojay. At the same

time I want to wish you happy Valentine's day.

I want to wish my brother Peter a happy birthday and many more to come. I love you so much. No one could ever replace you and oh Happy Valentine's Day too, Enjoy your day, sister mb. Ojay.

We would like to wish our son Jacob David Hunter Yuutinsue Georgekish a happy first birthday on Feb.21/06. We Love you so so much, your smile, your laughter lights up our lives. Love you always, Mommy and Daddy.

We would like to wish our grandson Jacob David Hunter Yuutinsue Georgeksih a happy first birthday and many more to come and we love you so much. Love always Grandma and Grandpa Buddy.

Happy belated birthday going out to Brenda Napash Bobbish who's in Waswanipi. Her birthday was on January 22, 2006 - same day as mine! Hope you had fun on your special day! Once again, happy birthday and many more to come!!! Love always Caitlyn-Joy Iserhoff (Chis).

I would like to wish a Happy 4th Birthday to our pride and joy Annika Tooma on March 15th. We love you Bodo very much. We thank God everyday for giving us the most precious person, You!! We would also like to wish Birthday Greetings to Jovanna Mckenzie and Donna Marie Sandy on March 16th and Stella Pien on March 23. We miss you guys so much. from Joanne, Gregory, Mark and Annika in Montreal!!

I would like to say happy 5th birthday to Bryanna Frank on February 19, 2006. Hope you enjoy your birthday, I love you so much. With love: Margaret Whiskeychan (Wask).

Happy New Year Mary Niquanicappo. When are you coming back to Montreal with the beautiful, bouncing, happy boy, Charlie? We miss you much. The gang in Montreal.

I would like to wish Tyra Mast-Shem a very Happy Birthday on the 18th of February. I love you girl and I hope that your grand day is one

big bash for all. I miss you and I hope to see you soon. Lots of love, Mary.

Happy Birthday to my Mom, (Granny) Barbara. She will celebrate her birthday on the 16th of February! Love you always :) ---Faith & Baby Crystal.

We would like to wish a Happy Birthday to our co-worker Paula Iserhoff. HAPPY BIRTHDAY TO YOU !!! HAPPY BIRTHDAY TO YOU !!! HAPPY BIRTHDAY DEAR PAULA, HAPPY BIRTHDAY TO YOU !!! From Mistissini Sports & Recreation.

I would like to send a few belated Birthday wishes to some people who mean a lot to me, The first one goes out to my handsome son, Casey Lee Mianscum, on January 25, 2006 who was sent for me to love no matter what may come our way. I will always be there for you, you have taught me to be the parent I am today, which I hope is not too bad. I am trying my best and that is all I can promise to you my oldest child, oops cor-

rection, my young man! I feel in love with you the first time I saw you and look at you now, all grown up. I love the whole twenty- two years of you. Love Always Mom xxxxx.

Ten years have passed and I have treasured every moment with you my precious boy. We are very blessed to have you in our lives. Sebastien Coon-Come will be turning 10 years old on February 20, 2006. Wishing you love, happiness and good health. We love you so much and always, from Mom and Dad.

Happy Birthday to my friend Marlene Pash in Ottawa on February 25, 2006 turning 27. Hope your day will be just great as you are, You have always been a good friend, and I am proud of you for continuing your Education and achieving your dreams. Your a fighter and a strong person who cares for others and everything around you. I wish you all the best in life and through out the year and congratulations on your sobri-

Job Opportunity

Administrative Assistant/Production coordinator

Beesum Communications, a Cree-owned company, is presently looking for an Aboriginal Administrative Assistant/Production Coordinator. It is a full-time temporary position (one year), 37.5 hours per week (occasional overtime). The candidate will possess the following:

- ♦ Minimum CEGEP diploma
- ♦ Office experience a must
- ♦ Bilingual - a must (Eng. + Fre.)
- ♦ Typing skills
- ♦ Computer skills (Word, Excel, Outlook. Quickbooks an asset)
- ♦ Accounting skills would be a definite asset.
- ♦ Driver's licence and car would be an asset

The Admin. Assistant duties include accounting tasks, general office duties. As Production Coordinator, the duties involve: working closely with salespeople, writers and the graphic designer, coordinating production of the news magazine, ensuring deadlines are met, assisting in ad approval, typing of classified ads, liaison with ad clients, assisting in Editorial meetings.

This position requires someone who is responsible, mature and who has a strong sense of initiative. We are looking for someone who is capable of, when faced with a challenge, suggesting several possible solutions quickly. As the work involved changes rapidly, one must be flexible and know how to manage their time and tasks.

Qualified applicants are requested to send their cv to:

Linda Mohan - Account Executive/Office Manager
514-272-3077 - lmohan@beesum-communications.com

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ety. Forever yours in friendship
Cynthia Blackned.

February 7th, my youngest son Nathan Martin (Junior) will be celebrating his 23rd Birthday. "Happy Birthday, my son"!! Can't believe you're 23 yrs old already! I still remember the day you were born. It was such a beautiful day, sunny and cold but nothing bothered me. Just holding and loving you were the moments I enjoyed, and that's one thing I'll never be tired of doing!! Please try not to work too hard and enjoy your special day! I miss you and hope to see you soon over here! Remember that I love you so!! Love always: MOM.

We want to wish our not-so-little grandson Kenzie Shecapio Blacksmith-House a Happy 1st Birthday on Feb. 22. Hey little guy where are you? Are you in North Bay with Mommy or are you in Chisasibi with Daddy? But wherever you may be, we hope you have a wonderful time on your day. We will throw a birthday party when your Mommy comes back for her March break. And to Joy, study hard and accomplish your goals. We love you and miss you guys so much. So take care. Love you much, your Joosoom-John and Googoom Mary (Mom & Dad).

Three years ago on March 21-03 First day of Spring, An adorable little boy was brought into this world. We want to take this time to wish him a Happy 3rd Birthday. You're already 3 years old, how time flies! So Happy Birthday to Eadan Spring Shecapio Blacksmith on March 21st. It's been fun watching you grow up and all the fun things you do. How you dress up for hockey, at first with your pull-ups but not anymore Thank God. And many other things you do, the list goes on and on. So once again, Happy Birthday, we'll celebrate with you. So be good and take care of your little brother. God Bless you, with lots of love & joy, Joosoom-John and Googoom Mary SB.

WEDDINGS - 102

I would like to wish my causin Crystal Brien and her husband Philip John Weistche congratulations on vowing to each other

on February 17, 2006 @ Waskaganish. May your love for each other flourish, the breath of heaven fall upon you both because God has blessed you both with each other and plus two wonderful boys! Also, last but not least, I am here, anytime you need me! Much Love, cousin Evelyn T...

GRADUATION - 104

CONGRATULATIONS, to my cousin Olivia Tanoush who graduated on January 2, 2006 in Early Childhood Education at She She Quin Day Care. Follow your dreams and I believe that you can achieve anything in life, good work and never give up. I wish you all the best in life. Once again CONGRATS! From a friend who will always be there for you, Cynthia B/ned.

PERSONAL - 300

Hi Thumper. It's been a while since I sent you a note. I miss you so much. I wish I could see your smile. Well life is doing good, it would be better if you were in the picture. I love you so much I hope that I see you real soon. Love always your ducky.

Sheshamush Mary Stephanie November 11, 1992-February 19, 2005. if tears could build a stairway, And memories a lane We'd walk right up to heaven And bring you home again. We love you and we miss you. Annie Sheshamush and Alain Mayer, Montreal QC.

I would like to congratulate my son, Daryl Hughboy, who graduated in Nicolet on Police Training on December 9th, 2005 and also all his classmates. What can I say, I am proud of you for achieving your goal, not giving up on the many obstacles you met through your police training in Nicolet. Your ups and downs, I knew it was hard being away from Tom, your wife Kureri, daughter Tianna and Curtis, but you did it. You have proved that it was possible to overcome obstacles to do well even when the odds were against you. Remember what I used to tell you if you put your mind into what you want to achieve in life, you can do it. Never give up on your

dreams and whatever you want in life, you can do it. You know, Daryl, ever since you were a little boy, you wanted to become a police officer. Darryl you had it in you to succeed. Congratulations on your graduation. I am so proud of you, so many obstacles you went through while in training. Love always, Mom Agnes.

Kahnawake Leather Store looking to buy wholesale smoked moose slippers, gloves, mitts, etc. Call Andrew at 450-638-0357. www.iron-horsewearhouse.com.

PUBLIC SERVICE ANNOUNCEMENTS - 400

The Native Wmen's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: www.kid-shelp.sympatico.ca.

VALENTINE'S DAY GREETINGS - 600

I am sending a Valentine to two special people in my life, my godchildren. My first god-child

Maythan Matthew...Happy Valentine's Day to you Maythan'sh...Luv you and always will. And to my other godson Bryson Bearskin, Happy Valentine's Day to you cutie!..Oh yeah, Happy 1st Birthday on Feb. 3. Sorry I missed it, Well there's always next year eh? Once again, Happy Valentine's Day! and to the Mommy's, Alexandra M. & Kristen B. Love and friendship, Stella xoxox

I would like to wish my family a Happy Valentine's Day. To my wonderful Dad, Tommy Matthew, I love you daddy and to my oldest sister Caroline and her son, my nephew, Wesley Boy! Happy Valentine's Day to all of you. Luv U always*(L)(K)...Love Always Stella xoxoxox.

I would like to say Happy Valentine's Day to my family in Gatineau/hull, first of all, to the most important woman in my life, my Mom, Pauline Matthew. I love you mum and I miss you so so much, and to my best friend, my sister Stefanie & her son, my nephew Kasen Jerome*(L). I love you both so so much and I really miss you. Last but not least, my baby sister Paulina, Luv you baby girl!. Hope to see you soon. Once again, Happy Valentine's Day and I miss you all so much. Love always, Stella xoxoxoxox.

Happy Valentines Day to two handsome guys in my life, My boys. To Christopher-Robin and Tyreese House. Sending you lots of love, hugs, and especially lots and lots of kiss'es. Hope everything is going well to both of you and that you keep your grades up, as I am trying to do the same. I know its hard not being there for both of you, but I know gookum and joomshum treat you as their own. Can't wait for your visit in March, I bet you have lots of stories to tell me! and yes we will go see movies again. Remember I LOVE YOU both! Love always your mom who miss'es you lots, Racheal xox (mtl).

Happy 1st Valentines Day to my beautiful Princess, Chantal-lynn Blacksmith. Sending you lots of love, lots of hugs and lots of kiss'es. Words cannot express the love I have for you my adoreable princess. I hope that you come and visit me soon, I want to see your little tricks that you do with your toys and you being so hyperactive (as mom and dad say). Please remember to keep the videotapes coming cause I don't want to miss out much and most of all my princess, remember that you are the BOSS..hehe! Love always and forever your auntie, Racheal Blacksmith xox (MTL).

Valentine's Day Wish- I just want to wish Happy Valentine's day to my wife & my children, I'm so thankful to have you all. And Happy Valentine's Day to my parents Philip, Maggie, my brothers & sisters. I love you all. James Roger Neeposh



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\$55,000.00
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Men's Open Hockey A & B Cash prizes are guaranteed! All teams interested to participate must register and submit their team list by **March 10, 2006 before 5:00 pm**. Coaches, players & team staff must purchase a pass at \$15 each or pay the daily admission rate.

CATEGORY	ENTRY FEE	# OF TEAMS	CHAMPIONS	FINALISTS
MEN'S OPEN HOCKEY	\$1,000.00	10	"A" CHAMPIONS \$15,000.00	\$8,000.00
			"B" CHAMPIONS \$6,000.00	\$4,000.00
			"C" CHAMPIONS \$3,000.00	\$2,000.00
WOMEN'S HOCKEY	\$800.00	6	\$5,000.00	\$3,000.00
MEN'S RECREATIONAL HOCKEY (35+)	\$500.00	6	\$3,000.00	\$1,500.00
WOMEN'S BROOMBALL	\$500.00	4	\$2,500.00	\$1,000.00
MEN'S RECREATIONAL HOCKEY (21+)	\$500.00	4	\$2,000.00	\$1,000.00

This tournament has been organized to honour and pay tribute to the late Samson Dick - Youth and Member of the Tomahawks #89

FOR MORE INFORMATION

PLEASE CONTACT THE WFN SPORTS AND RECREATION

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